



Check out
Volunteer
Opportunities
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NATICK COMMON GUIDE

SPRING 2017

*Community Education
and Resources*



**Town of Natick
Community Services
Department**

Adult weekend/evening classes pg 4

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COMMUNITY CALENDAR



MARCH

Maple Magic Day

Pancake breakfast 8:00-11:00 am at Memorial School
Sugaring tours 9:00 am-2:00 pm every half hour at Natick Community Organic Farm
Breakfast: \$10 adults/\$8 members; \$5 kids 3-6/\$4 members
Tours: \$7/person; \$6 if you attend breakfast first
Natick Community Organic Farm Saturday, March 4

Maple Stories with Kids Author Josh Funk

Josh Funk, famous author of *Lady Pancake & Sir French Toast*, will be sharing his stories with us for our annual pancake and maple syrup brunch! You can register by calling the Bacon Free Library at 508-653-6730. Saturday, March 11, 11:00 am-12:00 pm

TAPS Paranormal Investigators Home Team

Join members of the paranormal investigator group, the TAPS Home Team, as they discuss the field of paranormal investigation and their own experiences. Bacon Free Library, Saturday, March 11, 4:00-6:00 pm

Welcome to Natick

Join us for a casual conversation about all this vibrant community has to offer. Take advantage of this opportunity to meet your neighbors, gather hand-outs on resources and enjoy refreshments, give-aways and more. Natick Community Center, Monday, March 13, 7:00-8:30 pm

Film and Discussion: Healthy Aging

Presented in partnership with the MetroWest Health Foundation. Film screening followed by panel discussion of important health topics facing the community. A light supper will be served before the screening. Morse Institute Library, Monday, March 13, 6:00 pm

Concert: Jacqueline Schwab and Emily O'Brien, Flute and Piano

Jaqueline Schwab and Emily O'Brien will present a concert of flute and piano music for the community. Morse Institute Library Sunday, March 19, 3:00 pm

The Newest Irish Records for Genealogical Research

Join Richard Reid of the Irish Genealogical Society to find out how you can start your search for your Irish ancestors! Bacon Free Library Tuesday, March 21, 7:00-8:00 pm Free

Repair Café

Just about anything can be fixed with some know-how, please join Metrowest Repairs and see what you can fix! Morse Institute Library Wednesday March 29, 7:00 pm

Ticks Are Everywhere (Sponsored by the Natick Board of Health)

Ticks are not just in wooded areas—they may also be in your yard, at the playground or at athletic fields. Learn how you can protect your family and your pets. Join us for a discussion with Dr. Sam R. Telford,

Ill, Doctor of Science, Tufts University and a leading expert on Ticks, Lyme Disease & other Tick-borne Diseases. Morse Institute Library Wednesday, March 29, 7:00 pm

April

Morse Institute's Birthday!

It's the 20th birthday of the library's major renovation! We'll be celebrating the library all day with a magic show, a virtual reality demonstration, and a concert with area musician Greg Hopkins and his Jazz Band. Morse Institute Library, Saturday, April 8, All Day

Baseball as American Culture

Join us for a fascinating history of America's game with Northern Essex Community College instructor Frank Morris. Bacon Free Library Tuesday, April 18, 7:00 pm Free

2017 Natick Earth Day Festival

Join us on the Common for kids' activities, live music, wildlife demonstrations, vendors, great food, and municipal and grassroots initiatives promoting sustainability. Sunday, April 23, 11:00 am-3:00 pm Rain Date Sunday, April 30

Spring Dance Repertory

Delbridge Family Center for the Arts at The Walnut Hill School. Tickets available on line at: walnuthillarts.org April 20-23, 7:00- 9:00 pm

Health Topics in the Community: The Opioid Crisis

Film screening followed by panel discussion. The April film will be Heroin, Cape Cod, U.S.A. A light supper will be served before the screening. Morse Institute Library, Monday, April 24, 6:00 pm

May

Garden in a Book

We're welcoming Sara Levine from the Newton Public Library to help us make a garden in a book! This is a program for adults only. We'll take some old books, carve out the middle and create a beautiful garden inside! Registration is required. Bacon Free Library Tuesday, May 16, 7:00 pm Free

Spring Spectacular (for all ages)

Come down to the Natick Community Organic farm for a day of hayrides, petting pasture, face painting, live music, food. Fun for all! Members \$6 adults/\$4 kids 3 and over. Nonmembers \$10 adults/\$5 kids 3 and over. Activity tickets \$2/each 6/\$10 Natick Community Organic Farm, Sunday, May 21 10:00 am-2:00 pm

Author Visit: Neal Sanders

The talk is adapted from Mr. Sanders' widely read blog, 'The Principal Undergardener'. Books will be available for purchase and signing! Bacon Free Library, Tuesday, May 30, 7:00 pm Free

Friends and Neighbors,

We're delighted to offer you the spring 2017 edition of the Natick Common Guide. Inside you'll find a thorough listing of events, continued learning, recreational, cultural and volunteer opportunities around this great Town of ours.

We've offered you some additional information on volunteer opportunities in this edition. It is our sincere hope you'll make time in your busy schedules to help make a difference in the lives of those in need here in Natick. Check out page 24.

It might be snowing now, but spring's just around the corner! Time to get up, out and moving. There's lots to do! Have a look at the Community Calendar to your left...

Wishing you and yours a lovely late winter/early spring.
Hope to see you around Town.

Regards,



Jemma Lambert, Director
Community Services Department

Facility Rentals at the Community Center

The Community Center offers space to rent in the evenings and on weekends for a fee.

Available spaces include:

- Conference room(s)
- Small-medium sized meeting room(s) with or without technology
- Large meeting spaces for meetings or parties
- Industrial kitchen
- Full sized gymnasium

For more information or to complete an application please visit:

<http://www.natickma.gov/167/Community-Services>

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municipal news & information

RED CROSS BLOOD DRIVE

Location: Community-Senior Center



Held monthly at the Community-Senior Center, these blood drives are a fantastic way to give back to your community. The American Red Cross is always looking for donors and has urgent need all blood types. Thanks to your generosity, the ARC continues to exceed its goal! Please continue this great trend by contacting the ARC and setting up an appointment to donate at our next drive.

Mon Mar 27, April 3, May 8 2:00-7:00 pm

SPEAK WITH YOUR ELECTED OFFICIALS

BAGELS WITH THE BOS

Location: Community-Senior Center

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Thu Mar 23, April 27, May 25 9:00-10:00 am free

REPRESENTATIVE LINSKY'S OFFICE HOURS

Location: Community-Senior Center

Mon Mar 13, Apr 10, May 8 9:30 am free

GET TO KNOW YOUR TOWN GOVERNMENT

Location: Community-Senior Center

Join Sue Salamoff, Natick Board of Selectmen, in our library café to discuss our Town Government. Come with your questions!

Thu Mar 2, Apr 6, May 4 9:30 am free

SUPPORT GROUPS

DIABETES SELF MANAGEMENT SUPPORT GROUP

Location: Community-Senior Center

Come join us! We offer a diabetes self-help support group that provides social, emotional, and educational support for people affected by diabetes, or caring for a loved one with diabetes. The group is facilitated by Joan Hill, RD, CDE, LD.

Tue Mar 14, Apr 11, May 9 10:00 am

Natick Public Schools is an innovative and dynamic learning community dedicated to ensuring all students achieve success in a safe, trusting, respectful environment where learning is exciting and engaging. Our mission is to educate all students to high levels through high-quality instruction.

Our district boasts outstanding student performance, innovative thought leadership, and overall excellence as an educational powerhouse in Massachusetts. We look forward to educating your child and encourage you to connect with us in many ways:

- **Web** (www.natickps.org)
- **Submit Your Feedback** (Using the Let's Talk icon on our district webpage)
- **Facebook** (www.facebook.com/natickps)
- **Twitter** (www.twitter.com/natickps)

DANA-FARBER'S MAMMOGRAPHY VAN IS COMING BACK TO THE NATICK COMMUNITY-SENIOR CENTER ON WEDNESDAY, MAY 3, 2017!

Embrace A Family, the Natick Service Council, and the Natick Council on Aging are collaborating with Dana-Farber's Mammography Van to bring its digital mammography van to Natick.

This screening is fast, convenient, and your best defense against breast cancer! The digital screenings are performed by skilled, licensed Dana-Farber mammography technologists and interpreted by board-certified radiologists.

The American College of Radiology recommends that women 40 years of age and older have a mammogram every year. If you have not had a mammogram in the last year or if this is your first time, this is a great opportunity to take advantage of this important screening!

Registration is required in advance, and most forms of insurance are accepted. For more information or to request an appointment please call the Mammography Van office at 617-632-1974 or email us at: embraceafamilynatick@gmail.com.

Dana-Farber's Mammography Van possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health.

WELCOME TO NATICK

Location: Natick Community Center

Join us for a casual conversation about all this vibrant community has to offer. Take advantage of this opportunity to meet your neighbors, gather hand-outs on resources and enjoy refreshments, give-aways and more.

Mon Mar 13 7:00-8:30 pm

UNDERSTANDING ABATEMENTS

Location: Community-Senior Center

Join Jan Dangelo, Town of Natick Assessor, as she discusses the various abatements that are available to homeowners in Natick.

Wed Apr 19 6:00 pm

TRANSPORTATION PROGRAM

The Natick Connector is a convenient, secure and accessible transportation service for seniors and disabled residents. **We are now operating Monday-Friday from 9am-4pm and in addition to our 12 passenger van, we will now also be using a smaller SUV type vehicle.** The service provides door to door transportation to medical appointments, grocery stores, and other personal services in Natick, and the surrounding towns of Framingham, Wellesley, Wayland, Ashland, and Sherborn. To register for the service and set up your account, please call the Call Center at **508-820-4650** and tell them you want to set up an account with the *Natick Connector*.

HOUSEHOLD HAZARDOUS WASTE DAY

Saturday, June 10, 2017

Dept. of Public Works Parking Lot 75 West St.

Tickets must be purchased in advance at the Board of Health office in Town Hall. This is for Natick residents only and the fee is \$5.00 per car. For information on what may or may not be accepted please call 508-647-6460. Ticket Sales begin May 1, 2017

municipal news & information

SMART911 Is a free, new service available in your community to help you when you call 9-1-1. Once you've signed up, first responders will be aware of important information you have provided that will help them address your emergency. This information; including medical issues, current location and even pets can help Police, Fire and EMS locate and help you.

- A free service
- Provided by your community
- Private and secure
- You control your information
- Saves time in an emergency when seconds count

For more information or to enroll please visit:
<https://www.smart911.com/>

TICKS ARE EVERYWHERE

LOCATION: Morse Institute Library - Lebowitz Meeting Hall
Sponsored by the Natick Board of Health

Ticks are not just in wooded areas—they may also be in your yard, at the playground or at athletic fields. Learn how you can protect your family and your pets. Join us for a discussion with **Dr. Sam R. Telford, III**, Doctor of Science, Tufts University and a leading expert on Ticks, Lyme Disease & other Tick-borne Diseases.

Wed Mar 29 7:00 pm

NATICK COUNCIL ON AGING VOLUNTEER TRANSPORTATION SERVICES WELCOMES OUR NEWEST VEHICLE



We are pleased to announce the addition of a new Ford Focus 4 door, 100% electric powered car to our transportation services. This new vehicle will be used by our volunteers to drive people to local and regional destinations and to deliver meals to homebound elders.

The addition of our new car was made possible through the efforts of the Town's Sustainability Coordinator who wrote successful grant requests through the Mass Electric Vehicle Incentive Program and the Department of Energy Resources' Green Communities program. In addition, the Friends of the Natick Senior Center provided the required matching funds. We are deeply appreciative for such wonderful support.

ADDICTION CAN FEEL ISOLATING, but you don't have to go it alone.

In an effort to better support local residents and families who have been affected by substance use disorders, the Town of Natick has added a new staff position and has organized a task force to respond to local needs—particularly those caused by opioid addiction. Opioids include: prescription painkillers like Oxycontin, Percocet, Vicodin and Fentanyl, as well as street drugs like heroin. If you or someone you love needs help, contact Katie Sugarman, Prevention & Outreach Program Manager at 508-647-6623 or csugarman@natickma.org.

Opioid Task Force meetings are open to the public and take place on the first **Wednesday of each month, 3:00-4:30 pm at the Community-Senior Center**. To learn more about opioid addiction and local resources visit: <http://www.natickma.gov/1337/Natick-Tackles-Opioid-Crisis>.

PROPERTY TAX WORK-OFF PROGRAM For Seniors and Veterans FY 2018

The Property Tax Work-Off Program is available to Natick residents who are 60 years of age or older, or Veterans of the U.S. Armed Forces of any age. You must own and occupy the residence to which the taxes will be credited and have a gross income that does not exceed the amounts listed on chart below. If you are accepted into the program you will be placed in a job within Natick Municipal or School Departments. You will earn a credit toward your property taxes matching the minimum wage in Massachusetts (currently \$11 per hour) up to a maximum of 125 hours for work performed between Jun 1 and Mar 1. Types of positions available include: clerical, driver, fitness room attendant, maintenance, golf course assistant, library help, food service and more. Applications are available at the Natick Council on Aging from May 1-Sep 1, 2017. For more information call Karen Edwards at: 508.647.6540.

Income Guidelines

Household	Gross Income
1	\$43,491
2	\$56,872
3	\$70,254
4	\$82,218

ARE YOU OR SOMEONE YOU KNOW IN NEED OF ASSISTANCE OR SUPPORT?

Our professional staff provides case management services to Natick residents of any age who are in need of assistance at no cost. We determine eligibility for public benefits and assist in the application process, identify resources and provide referrals for home care, counseling, senior and subsidized housing, veterans' services, legal services, health insurance issues, and long-term care options. We provide caregiver, bereavement and hoarding support referrals. We also provide advocacy and crisis intervention. Please call our intake specialist at (508) 647-6540 for a confidential review of your needs.

weekend/evening adult classes

All classes take place at the
Natick Community-Senior Center.

Register online at <https://register.communitypass.net/Natick> or
register in person at Natick Community-Senior Center,
117 East Central Street, Natick, MA.

BOLLYWOOD DANCING: BEGINNERS (adults)

Instructor: Monisha Rajinikanth

Learn the fun and energetic style of modern Indian dance based on the classical dance and music tradition of Bollywood. Not for the faint of heart as we'll be moving around a lot. Wear comfy clothing, bring water, and be prepared to dance like a Bollywood star!

Tue Mar 7 -Apr 25 7:30-8:30 pm \$80/8 wks

COOKING Northern Italian Style: BEGINNERS (adults)

Instructor: Carla Peretto

Do you sometimes crave the delicious dishes you tasted at a fine Italian restaurant, but find yourself discouraged at the idea of replicating the dishes? Join us in this four-classes session to learn, hands-on, how to prepare with confidence flavorful Northern Italian dishes! Learn to make risotto dishes, sauces, soups, and desserts. You'll never have to think just 'spaghetti' when you want to cook Italian style at home!

Sat Mar 25 -Apr 15 12-2:00 pm \$80/4 wks

Note: Material charge: \$60. Payable to the instructor at the first class.

CONVERSATIONAL ITALIAN: BEGINNERS (adults)

Instructor: Carla Peretto

What better way to get ready for a trip to Italy or to have a taste of its musical language than by studying basic Italian? In this small group learn essential vocabulary, practice pronunciation, and have fun while learning to communicate with common Italian phrases. Former students welcome as well as newbies.

Mon Mar 13 - May 1 6:00 -7:30 pm \$90/6 wks

INTRODUCTION TO THE LAW OF ATTRACTION (adults)

Instructor: Marissa Bognanno

Learn how to use the powerful tool of the Law of Attraction to make what you want finally happen for yourself! See how to get results instantly of an improved mood, and then the manifestation of better finances, relationships, and more! Marissa's approach is enthusiastic and inspiring.

Sat Apr 1-22, 10:00 -11:00 am \$80/8 wks

MUSIC APPRECIATION (adults)

Instructor: Ron Williams

In just four weeks, you'll go on a whirlwind tour of opera, classical, and jazz music. Natick is proud to offer this new class that will be taught by the nationally recognized opera master Ron Williams. Come to get a better understanding of how to listen, discuss, and evaluate different genres and learn about how to listen more discriminatingly to music.

Thu Mar 2 -23 7:00- 9:00 pm \$48/4 wks

MINDFUL HATHA (adults)

Instructor: Ann Masse

Join us for a gentler style that focuses on deep breathing and proper alignment while you move slower and more mindfully through your practice. This class allows you to become familiar with the asana (postures) and explore different breath techniques as you become more comfortable with where you are in your own practice. All levels welcome.

02 Tue Mar 02-Apr 13 5:30 -6:30 pm \$70/7 wks

TAP DANCING: beginners, intermediate, and advanced (all ages)

Instructor: Serge Genesse

Find your rhythm and learn to dance to peppy numbers like TAP GREATS – Gene Kelly, Fred Astaire, and Gregory Hines. We'll dance energetically with tap shoes to some great jazz sounds from classic Hollywood and modern musicals. Wear comfy clothes, bring a bottle of water and towel. Students must purchase tap shoes in advance.

01 Advanced:

Tue Mar 14 - May 2 4:30 - 5:15 pm \$80/8 wks

02 Intermediate:

Tue Mar 14 - May 2 5:30 - 6:15 pm \$80/8 wks

03 Beginner:

Tue Mar 14 - May 2 6:30 - 7:15 pm \$80/8 wks



YOGA: SLOW FLOW: ALL LEVELS (adults)

Instructor: Ann Masse

A slower rhythm yoga practice with longer held poses to allow deeper focus on alignment, mindfulness, deep stretch, flexibility, balance, and whole body strength. Always ending with a satisfyingly sweet savasana.

02 Thu Mar 02- Apr 13 6:45 -7:45 pm \$70/7 wks

pre-k programs

DANCE PARTY *NEW*(Ages 3-4+)

Instructor: Cindy Wright

Location: Cole Center

A basic ballet and jazz/hip-hop class (age appropriate moves and music) with a different theme each class. Children will learn dance moves, make and/or use a prop and have costume pieces to wear as it becomes a dance party! Some of the celebrations include a garden party, a hoedown, a royal gala, a pirate party, a Halloween party and more. Children should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. (9 wks)

01	Tue	Apr 4-Jun 6	11:00-11:45 am	\$96
(No class on Apr 18)				

DANCE/THEATER (Ages 4-5+/Pre K)

Instructor: Cindy Wright

Location: Cole Center

It starts with a story. Through dance, dialogue, drama and comedy of course, the children will tell the story. This class will focus on basic ballet and children's jazz/hip-hop (with age appropriate music), but we will also introduce them to acting and how acting, music and dance together create musical theater. We'll add some costumes and props and present an informal performance at the final class. Students should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. (9 wks)



01	Wed	Apr 5-Jun 7	1:00-1:45 pm	\$96
(No class on Apr 19)				

F.A.S.T • T-BALL (Ages 3-Pre K)

Instructor: F.A.S.T Athletics Coaching Staff

Location: Cole Center Field/Gym

All participants will learn the basic skills of fielding, throwing, hitting and base running. In addition, we will play games such as home run derby, last one standing and running bases. Learning and skill development are the priorities. (5 wks)

01	Tue	May 2-May 30	3:00-4:00 pm	\$66
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FUN WITH MESSY PLAY (Ages 1 & 2)

Instructor: Muriel Sypek

Location: Cole Center

PARENTS! Here is your chance to get messy with your little ones without dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using play-doh®, paint, brushes, rollers, bubbles, feathers and more. (9 wks)

01	Wed	Apr 12-Jun 14	10:45-11:30 am	\$138
(No class on Apr 19)				

INTRO TO DANCE 1 (Ages 3 & 4)

Instructor: Cindy Wright

Location: Cole Center

This program provides an introduction to the wonderful world of dance. Students will develop gross motor skills, coordination, group skills and self-confidence. They will learn from the Instructor and from each other. Dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. (9 wks)

01	Wed	Apr 5-Jun 7	12:15-1:00 pm	\$96
(No class on Apr 19)				

JUMP, TUMBLE AND SING (Ages 2-4)

Instructor: Muriel Sypek

Location: Cole Center

A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement; parents dressed to be active. (9 wks)

01	Wed	Apr 12-Jun 14	9:30-10:15 am	\$100
(No class on Apr 19)				

MIGHTY-MITE SPORTS (Ages 4-5)

Instructor: Recreation Staff

Location: Cole Center Field

Participants will take part in different sports and/or physical activities each week. We stress teamwork, fun and sportsmanship as kids learn and develop their sports skills. (4 wks)

01	Fri	May 26-Jun 16	4:00-4:30 pm	\$42
02	Fri	May 26-Jun 16	4:45-5:15 pm	\$42

MINI KICKERS-CUBS (Ages 2-Pre K)

Instructor: Challenger Sports

Location: Cole Center Field/Gym

Mini Kickers Cubs is a fundamental introduction to the game of soccer for players 2 – 5 years of age. Challenger Sports experts and child development professionals have designed an innovative age appropriate curriculum to introduce your young soccer stars to the basic skills needed in soccer as well as their motor, social and psychological skills. Participants receive a ball and uniform (if child already has a uniform, Challenger offers a backpack or Lenny the lion stuffed animal). (5 wks)

01	Tue	May 2-May 30	11:00 am-12:00 pm	\$75
02	Tue	May 2-May 30	12:00-1:00 pm	\$75

pre-k programs

ON MY OWN PLAYGROUP (2-Pre K)

Location: Cole Center

Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: free play, physical play, art, circle time with music, stories and dance.

ATTENTION!! Playgroup **WILL REGISTER AS A LOTTERY.**

Registration forms and payment are due on Monday, March 13 by 5pm. Confirmation calls will be made after Mar 17.

- Child must be the proper age on the first day of class.
- Morning classes please bring a snack. Afternoon classes bring a lunch. **NO PEANUTS OR NUT PRODUCTS.**
- For more information on the program, please read our Parents Manual online at www.natickma.gov/recreation

M1	2 YO	Mon	Apr 3-Jun 12	9:00-11:00 am	\$132
T1	2 YO	Tue	Apr 4-Jun 13	9:00-11:00 am	\$145
T2	3 – Pre-K	Tue	Apr 4-Jun 13	11:30 am-2:00 pm	\$160
W1	2 – 3 YO	Wed	Apr 5-Jun 14	9:00-11:00 am	\$145
W2	3 – Pre-K	Wed	Apr 5-Jun 14	11:30 am-2:00 pm	\$160
Th1	2 YO	Thu	Apr 6-Jun 15	9:00-11:00 am	\$145
Th2	3 – Pre-K	Thu	Apr 6-Jun 15	11:30-2:00 pm	\$160
F1	2 YO	Fri	Apr 7-Jun 16	9:00-11:00 am	\$145
(No class 4/17-4/21, 5/29)					

***NEW THIS YEAR. Wednesdays, 3 YO can stay from 9:00 am-2:00 pm. Additional \$75 charge for coverage from 11:00-11:30 am. Register in person at the Cole Center for lottery by March 13, 2017.

SOCCER JUNIORS (Ages 3–6)

Instructor: Global Premier Soccer

Location: Cole Center Field/Gym

Natick Recreation has partnered with Global Premier Soccer (GPS) to bring an introductory soccer program to Natick. The juniors program teaches the fundamentals of soccer using a fun and energetic curriculum that has been tailored to work specifically with 3-6 yr olds. Coach ratio is one coach to 10 players. (7 wks)

01	Mon	Apr 24-Jun 12	2:30-3:30 pm	\$98
02	Mon	Apr 24-Jun 12	3:30-4:30 pm	\$98

(No class May 29)

THUNDERCATS MINI SPORTS (Ages 4–Pre K)

Instructor: Thundercats Coaching Staff

Location: Cole Center Field/Gym

A fun program that will have participants playing soccer, basketball, Softee® hockey and other unique games like 'Sponge Bob' tag and 'Finding Nemo'. Emphasis will be on teamwork, hand-eye coordination and fun. (5 wks)

01	Thu	May 4-Jun 1	2:45-3:30 pm	\$65
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BIRTHDAY PARTIES AT THE COLE CENTER

- Want to host your party with us?
- Up to 2 hours of party time in our Game Room (Air Hockey, Foos Ball, Ping Pong, TV etc.)
- Up to 1 hour available GYM time (sports, tumbling, bounce house & game equipment included).
- Supervised by 2 recreation staff

Days/Times: Sundays ONLY 12:30-2:30 pm OR 3:30-5:30 pm.

Fee: \$175 for 2 hours

You supply your own paper goods, cake and refreshments. Rental is space and equipment only.

RESERVE YOUR PARTY ONLINE!

FUN WITH THE BUNNY

AGES 3-K (suggested)

Saturday April 15

Starts at 4:00 pm, ends at 4:30 pm with photo opportunity after performance

Come join in on the fun at the Cole Center where there will be entertainment, along with a special guest. \$3/child payable at door.

"WILD, WILD, WILDEST WEST"

Yee-Haw! Mosey on over and see the hilarious musical spoof of Hollywood westerns.

Presented by Natick Drama Workshop

Wilson Middle School, 24 Rutledge Road

Friday March 31, 7:00pm

Saturday April 1, 2:00 & 6:30pm

Sunday April 2, 2:00pm

Tickets will be available prior to the show dates at the Cole Center, the libraries and at the door a half hour before show time.

Registration begins Thursday, March 9 7:00 pm

Register online at: <https://register.communitypass.net/natick> or call the Cole Center at 508-647-6530

youth programs

APRIL VACATION SOCCER CAMP (Ages 6-12)

Instructor: Challenger Sports

Location: Wilson Middle School Field, 24 Rutledge Road, Natick

Challenger Sports British soccer programs are among the most popular soccer camp programs in our area. Each day is based around a different soccer topic as our coaches build up each player's skills in a fun and relaxed environment that encourages development. Stay active during the vacation week and join us for an action packed week. All campers will receive a T-shirt. (4 days)

01	Tue-Fri	Apr 18-Apr 21	9:00 am-12:00 pm	\$120
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PLEASE NOTE: This program is a camp and therefore needs to be certified by the Natick Board of Health. Registration forms will be available on line at www.natickma.gov/recreation or in our office. This program will be registered by lottery with the deadline being Thursday March 9, 2017 at 5:00pm, the actual lottery will take place on Friday March 10, 2017. A current physical along with a complete listing of immunizations must accompany the registration form and payment. Once the lottery is completed, we will continue to accept registrations as long as space is available.



ARCHERY (Grades 4 & Up)

Instructor: On the Mark Archery Staff

Location: Cole Recreation Center, 179 Boden Lane, Natick

Learn the focus oriented sport of traditional recurve archery and experience the thrill of success when your arrow strikes the target. This course emphasizes safety, discipline and proper form in a fun environment that enables students to learn more than just the fundamentals of shooting. Our certified USA Archery instructors empower the individual by training their instincts and mindset to concentrate on an objective and zero in on their target. All equipment provided. Enrolled students are eligible to compete in the annual On the Mark Archery Tournament in June. (4 wks)

01	Mon	May 1- May 22	5:45-6:45pm	\$106
02	Mon	May 1-May 22	6:45-7:45pm	\$106

ART • START WITH ART (Grades K-2)

Instructor: Christine Van

Location: Cole Center

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (6 wks)

01	Thu	Apr 27-Jun 1	3:45-4:45 pm	\$170
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ART • START WITH ART (Grades 3-5)

Instructor: Christine Van

Location: Cole Center

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (6 wks)

01	Mon	Apr 24-Jun 5	3:45-4:45 pm	\$170
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(No class May 29)

BAA TRACK CLINICS (Grades 4-8)

Instructor: Dan Keefe

Location: Community Senior Center, 117 East Central Street

The NRPD with the Boston Athletic Association is co-sponsoring running clinics at the Community Senior Center (CSC). We will be going into the Boston Marathon finish line for a relay challenge on the afternoon of Saturday April 15. For the practices please dress for outdoor running if it is not raining or not too wet outside. If the weather is inclement, we will practice inside in the CSC gym. Bring a water bottle. (4 wks)

01	Mon	Mar 20-Apr 10 & Sat Apr 15	4:00-4:45 pm	Free
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BALLET/JAZZ *NEW* (Grades K-1)

Instructor: Cindy Wright

Location: Cole Center

This class is great for students with minimal or no previous experience. Children will learn the fundamentals of ballet in a creative, story-telling format. We will explore the different styles of jazz, as well as, age appropriate hip-hop, dancing to popular music. Some costumes and props will be introduced and there will be an informal performance at the last class. Children should wear any style/color dance wear and ballet slippers. (9 wks)

01	Wed	Apr 5-Jun 7	3:30-4:30 pm	\$99
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(No class Apr 19)

BLAST BABY SITTING (Grades 6-9)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Community-Senior Center, 117 East Central Street

Babysitter Lessons And Safety Training

Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants will receive a certificate of completion, easy-to-follow first aid instructions, and a sitter checklist to copy for each job. Participants should bring a light snack and drink.

01	Wed	Apr 12	3:00-6:00 pm	\$48
02	Wed	May 24	1:00-4:00 pm	\$48



youth
programs**BRICKS 4 KIDZ: Plastic-Bricks and Motors Engineering (Ages 6-10)****Instructor:** Bricks 4 Kidz Staff**Location:** Cole Center

Fantastic Mission 2 Space is the theme for this session. Attention Young Engineers! This space-themed session brings NASA to Natick. Using Lego bricks and motors, along with our unique model plans, learn about and build a lunar rover, the International Space Station, astronaut training machines and more! Build with a partner in this exciting hands-on construction class. Be there in time for Blast-off! (6 wks)

01	Tue	Apr 4-May 16	4:00-5:00 pm	\$100
(No class Apr 18)				

DO YOU BELIEVE IN MAGIC (Ages 8-12)**Instructor:** Joe Carota**Location:** Cole Center

Learn the "art" of magic from a professional magician! Get hands-on assistance as you learn the secrets behind each trick. Participants will be able to keep a kit with props and booklet explaining each trick. Joe will have new tricks to learn this time around to expand your knowledge and impress others. (5wks)

01	Fri	Mar 24-May 5	3:45-5:00 pm	\$110
(No class April 14 or Apr 21)				

**FANTASTIC FRIDAYS (Grades 5 & 6)****Instructor:** Recreation Staff**Location:** Cole Center

Fantastic Fridays includes a DJ, game tables, freeze dance and other games. Concessions are for sale as a fundraiser for future activities. Updates and dates are on the electronic scrolling boards at each Middle School. NEW THIS YEAR –Special events! Trivia nights, costume contests, movie nights all with prizes like gift cards, free candy and more!

01	Fri	Apr 7	7:00-9:00 pm	5 & 6 Combined
02	Fri	May 5	7:00-9:00 pm	5 & 6 Combined
05	Fri	May 19	7:00-8:30 pm	4th Grade
06	Fri	Jun 2	7:00-9:00 pm	5 & 6 Combined

No pre-registration necessary. Please pay \$5 at the door.

F.A.S.T FLAG FOOTBALL (Grades 2-4)**Instructor:** F.A.S.T Athletics Staff**Location:** Cole Center Field/Gym

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. The players will be able to participate in different situational games; Red Zone defense, fourth and inches and the QB Challenge. The F.A.S.T. Coaches will have tons of plays ready to go for their teams! (5 wks)

01	Tue	May 2-May 30	4:00-5:00 pm	\$76
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HOME ALONE SAFETY (Grades 3-4)**Instructor:** Juanita Allen, EMT and CPR & First Aid Instructor**Location:** Community-Senior Center, 117 East Central Street

Girls and boys learn telephone and door answering techniques, internet safety, accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

01	Wed	Apr 12	1:00-3:00 pm	\$43
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INTRO TO MUSICAL THEATER (Grades 2-4)**Instructor:** Cindy Wright**Location:** Cole Center

Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance (held at the last class). (8 wks)

01	Fri	Apr 7-Jun 9	4:30-6:00 pm	\$120
(No class Apr 14 and 21)				

**MOTHER & SON SCAVENGER HUNT IN NATICK CENTER *NEW* (Grades 2-5)****Instructor:** Natick Recreation Staff**Location:** TBD

Come join us for an old fashioned scavenger hunt. Participants will move in teams between different sites and on a grand scavenger hunt. Teams will follow clues to find their next destination while completing tasks and taking pictures (on your smart phones or a camera) to log your experience. We will also have some physical challenges set up along the way to add to the fun. Details will be sent out to the registrants. Prize for best team outfit (be creative). Teams may consist of son and Mother, Grandmother, Aunt or female friend/guardian.

01	Sat	Jun 3	1:00 pm sharp	\$30/team
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Registration begins Thursday, March 9 7:00 pm

Register online at: <https://register.communitypass.net/natick> or call the Cole Center at 508-647-6530

youth programs

PARENTS NIGHT OUT (Grades K-4)

Instructor: Recreation Staff

Location: Cole Center

Drop the kids off for a night of games, crafts and movies while you have your own night of fun. Supervised by CPR & FA certified staff. Cheese pizza, a small snack and juice provided. Concessions are available for additional purchase. Please note, for a FULL refund, cancellations of reservations must be received at the Recreation Department office by noon the Friday before the event. Multi-child discount: \$6 off for 2nd child, \$12 off for 3rd + child(ren) PER INDIVIDUAL NIGHT REGISTRATION.

01	Sat	Apr 8	5:00-9:00 pm	\$18
02	Sat	Apr 22	5:00-9:00 pm	\$18
03	Sat	May 6	5:00-9:00 pm	\$18
04	Sat	May 20	5:00-9:00 pm	\$18
05	Sat	Jun 3	5:00-9:00 pm	\$18
06	Sat	Jun 17	5:00-9:00 pm	\$18

Walk-in registration night of event available only if space is available.

PLAY TENNIS AMERICA (Grades 3-7)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (\$100, 6 wks)

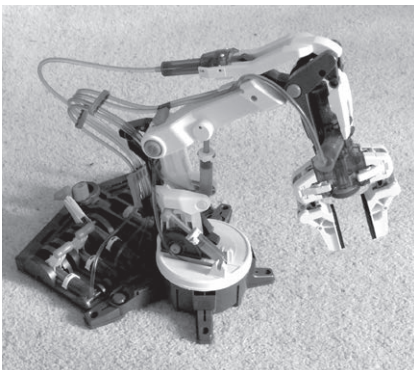
01	Sun	Apr 30-Jun 11	5:00-6:00 pm	Grades 3 & 4
02	Sun	Apr 30-Jun 11	6:00-7:00 pm	Grades 5 - 7

(No class May 28)

ROBOTICS • "OWI HYDRAULIC ARM" (Ages 10 and up)

Instructor: Ed Harrow

Location: Cole Center



Participants will build their own robot arm (OWI Hydraulic Arm), a five piston, five-axis robotic arm with a 'gripper' that also rotates 180 degrees, all operated via hydraulic controls. Participants will learn mechanical assembly skills and the transmission of force via hydraulics. Hydraulic systems are very common in today's world,

and visible on many pieces of construction equipment. Prior experience is suggested, but not required.

01	Mon	Apr 3-May 8	3:30-5:00 pm	\$165
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(No class Apr 17)

SOCIAL SKLZ *NEW* (Ages 8-12)

Instructor: Juanita Allen, EMT/CPR, First Aid Instructor

Location: Cole Center

In today's fast-paced world, the ways in which we interact are constantly evolving. While new technology has enhanced our lives in many ways, the art of face-to-face interaction remains crucial to success. socialsklz:-) equips children with the vital tools needed to succeed on the playground, in the classroom and ultimately at the workplace. Through this fun, interactive workshop, socialsklz:-) teaches lessons including greetings and introductions, making a good first impression, starting conversations, patience and thoughtfulness, self-control, respect and consideration, dining and phone skills. The skills mastered are not only empowering, but build confidence and self-esteem, paving the way to a more fruitful life. The program has been widely touted and featured extensively in the media.

Essential tweenz: In this two hour workshop, tweenz ages 8 to 12 learn social and communication skills in-person and on the phone. Tweenz will gain valuable life skills, such as shaking hands with confidence, making phone calls and engaging others in conversation. The workshop includes a hands-on dining event.

01	Wed	May 24	4:15-6:15 pm	\$75
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SPEED AND ENDURANCE (Ages 7-12)

Instructor: Kathy Fleming

Location: Community Senior Center, 117 E. Central Street

Speed and endurance are two essential qualities that kids need to be able to compete to the best of their ability. Kathy Fleming a 1996 Olympic Trials Finalist and former Cross Country and Track Coach at Boston College can help you become a better all-around athlete. Through drills, hill running and working on running form and strength, your athlete will reach to new levels. Bring your running shoes and a water bottle.

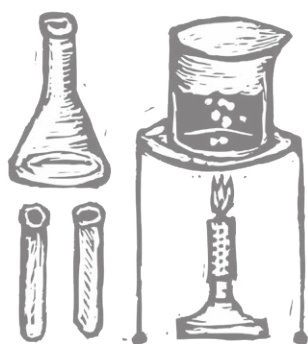
01	Thu	May 4-Jun 1	4:00-4:45 pm	Ages 7-9 \$66/5 wks
02	Thu	May 4-Jun 1	4:45-5:30 pm	Ages 9-12 \$66/5 wks



youth
programs**SPORT OF RUNNING (Ages 12–18)****Staff:** Kathy Fleming**Location:** J. J. Lane Park, Speen Street *(next to National Guard facility)*

Improve your mile time. Training for the mile requires 50% speed and 50% endurance training. Athletes will be divided into groups according to their goals. There will be a sub 6 min. group, sub 7 min. group etc. In each class participants will learn something new about the biology and physics of running and training to become faster. Participants will do appropriate workouts each week to accomplish goal. Runners will become faster in the mile and faster in the sprints with more endurance by doing the 50/50 training method. (5 wks)

01	Tue	May 2-May 30	3:30-4:20 pm	\$75
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STEM IS FUN FOR KIDS (Grades K-2)**Instructor:** STEM Instructors**Location:** Cole Center

Through hands-on activities that use STEM, (Science, Technology, Engineering and Math) challenges, children will think, construct, experiment, discover and develop the desire to learn more. Children will explore the use of different tools that enable and emphasize STEM learning. Every class we will learn something new and experience a different kind of fun. All instructors are certified teachers and/or have STEM degrees or backgrounds. (6 wks).

01	Thu	Mar 23-May 4	3:30-4:30 pm	\$95
<i>(No class Apr 20)</i>				

STORYBOOK THEATRE (Grades K-1)**Instructor:** Cindy Wright**Location:** Cole Center

This program provides your child with a fun introduction to theater. By bringing a familiar story to life, children will develop acting skills, build self-confidence and learn to work as a team. A short, informal performance will be held at the last class. (6 wks)

01	Fri	Apr 28-Jun 2	3:30-4:30 pm	\$80
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TERRIERS DODGEBALL (Grades 2-5)**Instructor:** Terriers Dodgeball Staff**Location:** Cole Center

Kids love the fast paced action, throwing, catching and of course dodging balls in this great game. This program will be directed by Terriers Sports, who have run popular youth sports programs for twenty years. Participants will be placed on teams and provided with cool dodgeball team shirts. Terriers also mix high-energy “arena” music into their sessions, creating an environment that kids love! Cushioned foam balls are used for safety. (5 wks)

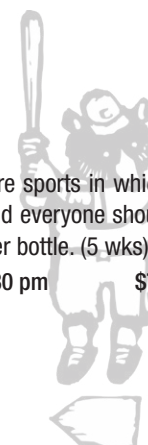
01	Wed	Mar 1-Mar 29*	4:30-5:30 pm	\$125
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*REGISTRATION OPEN NOW in Recreation Winter Season

THUNDERCATS SPORTS JAM (Grades K-1)**Instructor:** Thundercats Coaching Staff**Location:** Cole Center Field/Gym

Baseball, basketball and soccer will be the core sports in which some skills will be emphasized. Program is co-ed and everyone should wear comfortable clothes, sneakers and bring a water bottle. (5 wks)

01	Thu	May 4-Jun 1	3:30-4:30 pm	\$75
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**THUNDERCATS SPORTS COMBO, DODGEBALL & SPORTS MIX (Grades 2 & 3)****Instructor:** Thundercats Coaching Staff**Location:** Cole Center Field/Gym

Co-ed program consisting of a variety of different dodge ball related games; doctor, bombardment, jailbreak and more! Gator Skin® balls will be used. Other games and sports will be mixed in to create a fun and exciting afternoon (5 wks)

01	Thu	May 4-Jun 1	4:30-5:30 pm	\$75
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SCIENCE MYSTERIES *NEW* (Grades 2-4)**Instructor:** Wicked Cool For Kids**Location:** Cole Center

Who Dunnit? How did you do that? Solve some awesome science mysteries by becoming a super science sleuth. Identify mystery powders and unknown concoctions using chemical tests. Dig deep to decode geological clues to see how the earth has changed over time. Solve the amazing mystery of the color changing liquid and disappearing water using the power of science. (6wks)

01	Tue	Mar 21-May 2	4:00-5:00 pm	\$112
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(No class Apr 18)

adult programs

ARCHERY (Ages 15 and Up)

Instructor: On the Mark Archery Staff

Location: Cole Recreation Center, 179 Boden Lane, Natick

Discover recurve archery and experience the empowerment that comes with learning the way of the bow and arrow. The complex details of the shooting form are broken down into simplified steps that are easy to understand and execute. Mastery of the sport takes years, but fundamental success can be found with a focused mind and a determined attitude. All equipment is provided. Beginners and intermediates welcome. Enrolled participants are eligible to compete in the On the Mark Archery Tournament this June. (4 wks)

01	Mon	May 1-May 22	7:45-8:45 pm	\$106
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CO-ED ULTIMATE FRISBEE (Adults-High School Graduate or older)

Location: Kennedy Middle School Field

We play pick-up style games on Saturday afternoons. It is all about the fun and the exercise. (8 wks) \$20/resident, \$40/nonresident

01	Sat	May 6-Jun 24	4:00-6:00 pm	
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DANCE EXERCISE (Adults)

Instructor: Judy Forman and Helen Thoma

Location: Cole Center Gym

Feel the beat. Feel your best. Be the best you! Have fun, get fit and dance. (11 wks) \$135/2 nights, \$95/1 night

01	Tue & Thu	Apr 11-Jun 22	6:15-7:15 pm	
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First Aid and CPR CERTIFICATION (18+ Years old)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Community-Senior Center, 117 East Central Street

This American Heart Association course is designed for individuals who may need to respond to a First-Aid emergency. Participants will learn how to handle injuries and manage illness in the first few minutes until professional help arrives. Six modules are covered; First-Aid basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR/AED, Pediatric CPR. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

01	Wed	May 24	6:30-9:00 pm	\$73
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PLAY TENNIS AMERICA (Adults)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (6 wks)

01	Sun	Apr 30-Jun 11	7:00-8:00 pm	\$100
(No class May 28)				

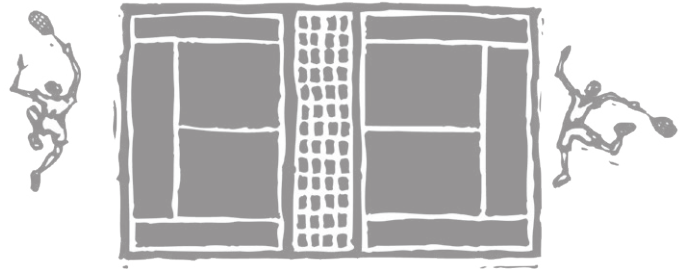
PLAY TENNIS AMERICA SENIORS *NEW* (Ages 60 & Up)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (4 wks)

01	Mon	May 1-May 22	2:00-3:00 pm	\$70
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SLOW PITCH SOFTBALL (WOMEN)

(Adult Women-High School Graduate or older)

Location: Coolidge Field

When signing up, please put down the team you would like to play for, if known. Teams from previous year will have first opportunity. Any new players, who have any questions, please call the NR&PD at (508) 647-6530. We will try to accommodate all who register but there are no guarantees. \$50/resident, \$70/nonresident

01	Tue or Thu	May 9 season start	6:15 pm sharp	
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TAI CHI • BEGINNING & ADVANCED (Adults)

Instructor: Jon Woodward, Certified Tai Chi Instructor

Location: East School Gym, 90 Oak Street, Natick

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements-connecting the mind and body! (10 wks)

Beg	Mon	Apr 10-Jun 19	6:30-7:30 pm	\$85
Adv	Mon	Apr 10-Jun 19	7:45-8:45 pm	\$85
(No class May 29)				

skyline

adaptive programs

Serving the Natick Community and surrounding towns with adaptive and inclusive programs for individuals with special needs.

SPECTACULAR SATURDAY'S (Teens and Adults)

Location: Various locations

This 8 week program is an all day event that Skyline has been hosting for many years. You can pick one program or multiple programs to fill your entire day. You may only choose one program from each time slot. Programs are for all 8 weeks.

Sat Apr 8-Jun 10
(No class Apr 15 and May 27)

COSMIC BOWLING (Teens and Adults)

Location: Ryan's Family Amusements

1170 Main Street, Millis

Start your day off right by striking down the pins in Millis with the whole gang.

01 Sat Apr 8-Jun 10 9:15-10:45 am \$79
(No class Apr 15 and May 27)



ZUMBA WITH JAYNE (Teens and Adults)

Instructor: Jayne Carney

Location: Cole Center

Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a "fitness party".

2A Sat Apr 8-Jun 10 11:15am-12:15 pm \$78
(No class Apr 15 and May 27)

MINI GOLF (Teens and Adults)

Location: Putts and More, 750 Concord St, Holliston

With a new season comes a new sport! Let's get excited to get our golf on. Every week we will be putting the course trying to get a better score than the week before!

2B Sat Apr 8-Jun 10 11:30am-12:15 pm \$78
(No class Apr 15 and May 27)



FUN WITH ART (Teens and Adults)

Location: Cole Center

Use your imagination and explore many ways to have fun with art.

2C Sat Apr 8-Jun 10 11:15 am-12:15 pm \$78
4A Sat Apr 8-Jun 10 2:00-3:00 pm \$78
(No class Apr 15 and May 27)

DANCE (Teens and Adults)

Instructor: Nancy Kelley

Location: Nancy Kelley Dance Studio, 7 Pond St, Natick

Come join in on the fun and learn popular dance moves to catchy songs. Transportation to the Cole Center provided after class.

4B Sat Apr 8-Jun 10 2:15-3:00 pm \$79
(No class Apr 15 and May 27)

SATURDAY'S LUNCH BUNCH (Teens and Adults)

Location: Various locations

Join us for lunch as we visit local lunch spots to fuel up before our afternoon programs.

03 Sat Apr 8-Jun 10 12:30-1:45 pm At least \$10/wk
(No class Apr 15 and May 27)

SPECTACULAR SATURDAY'S TRANSPORTATION

Location: Various locations

Transportation is provided for all Spectacular Saturday activities. Starting from the Cole Center at 8:45am to bowling, then to Zumba/art/minigolf, continuing to lunch, and either art or dance. The bus will return to the Cole Center after dance.

05 Sat Apr 8-Jun 10 \$36
(No class Apr 15 and May 27)



skyline adaptive programs

DINNER, MOVIE AND GAMES (Teens and Adults)

Location: Cole Center

Join Marylou and Chris for dinner and dessert while playing games and watching movies on the big TV.

01	Fri	Apr 14	5:30-9:00 pm	\$20
02	Fri	May 12	5:30-9:00 pm	\$20

COFFEE HOUSE (All Ages)

Location: Cole Center

Belt out your favorite song with Karaoke man Dennis Porter and friends. Pizza, drinks, and dessert/fruit will be available throughout the night.

01	Fri	Apr 28	6:30-9:30 pm	\$20
02	Fri	May 26	6:30-9:30 pm	\$20
03	Fri	Jun 9	6:30-9:30 pm	\$20

WEEKEND WARRIORS (Teens and Adults)

Location: Cole Center

It's easy to get off the couch on Friday nights with these fun activities. Enjoy Friday nights out with different events in the surrounding towns. Time is subject to change. You will be notified prior to the date with any changes. Apr 7: Natick High School Talent Show, Apr 21: TBD, May 5: Natick High School Drama Play, June 2 Dinner.

01	Fri	Apr 7	6:30-9:30 pm	\$25
02	Fri	Apr 21	TBD	\$25
03	Fri	May 5	7:00-9:30 pm	\$25
04	Fri	June 2	6:30-9:00 pm	\$25

TICKET TO ADVENTURE (Teens and Adults)

Location: Meet at the Cole Center

Enjoy 6 Saturday nights out with an event and dinner every time! Embark on new adventures with your favorite friends.

01	Sat	4/15, 4/29, 5/13, 5/27, 6/10, 6/24	5:30-10:30 pm	\$260
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STRETCH WHAT MATTERS YOGA (13 and up)

Instructor: Stretch What Matters Instructor

Location: Roots & Wings, 317 North Main Street, Natick

This class is for all abilities. Yoga is the perfect way to end a Tuesday night. Students who benefit from additional support are welcomed to participate with no extra cost. (5 wks)

01	Tue	Apr 4-May 9	4:45-5:45 pm	\$81
02	Tue	May 16-Jun 20	4:45-5:45 pm	\$81

(No class Apr 18 or May 30)

DAVE AND BUSTERS (TEENS AND ADULTS)

Location: Meet at the Cole Center

Come hang out with the Special Events gang at Dave and Busters! You will eat lunch and be provided with a \$20 game card to play games at the venue. You can also win tickets for prizes with most of the games you play!

01	Sun	Apr 9	11:30 am-4:00 pm	\$68
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ST. PATRICK'S DAY DANCE (Teens and Adults)

Location: Cole Center

This is a reminder from the winter guide to come eat, dance, and hang out for this St. Patrick's Day celebration! Don't forget to wear green!

01	Fri	Mar 10	6:00-9:00 pm	Free
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EVERYBODY DANCE (All Ages)

Instructor: Sara Espanet

Location: TBD

This is an introductory dance program for individuals who need physical support in movements. This program will have a recital at the end to show off all that the clients have learned over the weeks. (8wks)

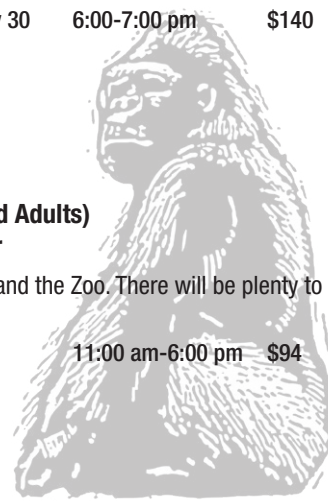
01	Tue	Apr 11-May 30	6:00-7:00 pm	\$140
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SOUTHWICK'S ZOO (Teens and Adults)

Location: Meet at Cole Center

Join us as we head out to lunch and the Zoo. There will be plenty to see such as lions, tigers, and DEER!

01	Sun	May 21	11:00 am-6:00 pm	\$94
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NATICK LITTLE LEAGUE CHALLENGER BASEBALL (Ages 5-18)

Location: Meet at Cole Center

Giving boys and girls with physical and mental challenges an opportunity to participate in an organized game of baseball. Registration is sponsored by the Natick Little League and is free to all participants. Please contact Linda for information or registration at: lindahtardif@gmail.com



adult daytime at the CSC

NEW: THE YEARN TO LEARN CARD!

Starting in March 2017, we will be starting a new initiative: the YEARN TO LEARN CARD! Purchase an electronic "card" at our front desk for either **\$15 for 5 classes** or **\$30 for 10 classes** (or just \$3 a class!)—just like our exercise card, but only for specified Science, Music, Art, or Technology classes—or any related topic! Class discount possible only with the purchase of the card. *YEARN TO LEARN* Card eligible classes will be clearly listed in our class descriptions. Classes will change during the year, so keep checking in to see what's next! **Thanks to Sue Shea for her generous donation in helping us to start this new series!**

All programs take place at the Community- Senior Center

OPERA APPRECIATION SERIES

This drop-in course will be guided by Ron Williams, an award-winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. He performed roles with several companies nationally including San Francisco Spring Opera, and Michigan Opera. He sang in the world premiere of "The Last Leaf" with Opera San Jose. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Due to the generosity of an anonymous donor, scholarships are available on a confidential basis for those who need it. Participants must apply each session the class is offered. Please contact Lorraine at the CSC for details. No class on May 5.

Fri through May 12 10:30 am \$5/class or
Yearn to Learn Card eligible

ERIN GO BRAGH –SONG FROM AND ABOUT IRELAND

David Polansky is back to sing you songs to steal your heart away and favorites that take you back a hundred years or more. Many are singalongs that have become part of the great American Songbook. This rollicking fun show is perfect for St. Paddy's Day!

Wed Mar 15 2:30 pm \$5/class or
Yearn to Learn Card eligible

GREAT COURSES: CLASSICAL ARCHAEOLOGY OF ANCIENT GREECE AND ROME

Archaeologist and award-winning Professor John R. Hale guides you through this fascinating field of study and through dozens of ancient sites with the skill of a born storyteller. Mixing the exotic adventures, unexpected insights, and abiding mysteries of archaeology's fabled history with anecdotes of his own extensive field experience, Dr. Hale creates a fascinating narrative that unfolds like a series of detective stories and provides a new perspective from which to view the world of the Greeks and Romans. Hour-long class will feature 2 lectures. 2 lectures/week; 9 weeks: please note: lectures are stand alone; come to 1, some or all!

Tue, Fri Mar 28- Apr 25 11:30 am \$5/class or
Yearn to Learn Card eligible

BE A GOOD ANCESTOR- LEAVING YOUR FAMILY HISTORY AND GENEALOGY NOTES with Seema Kenney/ Mass Researchers

This fun interactive genealogy session with expert Seema Kenney will help you focus on recording your own history, how to share it with family and getting started with genealogical research.

Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Mon Mar 27 2:30-4:00 pm \$5/class or
Yearn to Learn Card eligible

COLLAGE

Instructor: Beth Fagan, Fine Artist and Graphic Designer

Make beautiful art collages with instruction and learn the basic aspects of collage in this hands-on workshop. In class, you will develop your own personal theme after discussing artists' collages done by Picasso, Braque, Cornell and others. If there's something special you want to work with, such as color copies of your family photographs, bring them to class; otherwise, you can work with the decorative papers and magazine tear sheets that the teacher will have on hand. 6-weeks.

Tue Apr 11-May 16 4:00-5:00 pm \$5/class or
Yearn to Learn Card eligible

SONGBIRDS OF THE NORTHEAST



Presenter John Root will discuss "Songbirds of the Northeast", a 60 minute power point presentation featuring both images and recordings of our local songbirds, their songs, diet, social behavior and adaptations for survival. This program is supported in part by the Natick Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Wed May 31 1:00 pm \$5/class or
Yearn to Learn Card eligible

BOOKGROUP AT CSC- FICTION AND NON-FICTION HISTORY

Join Caleigh Ross from the Bacon Free Library for a fun book discussion on these historical books including both fiction and non-fiction. All are welcome to join whether you have a chance to read the book or not! RSVP requested, register in Community Pass and at the desk at Natick Community-Senior Center. Copies of the books are on hold at Bacon Free Library and also available as downloads on Minuteman Library Overdrive. Feel free to bring your own cup of coffee or purchase one at the center!

Thu Mar 21 1:00 pm Free

Book selections: Mar 21: *How the Irish Saved Civilization* by Thomas Cahill

COFFEE AND CURRENT EVENTS

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Joe, a 30-year resident of Natick, is a former state agency Public Information Officer. * New time.

Fri Mar 24, Apr 28, May 26 10:00 am* Free

adult daytime at the CSC

COMMUNITY CONNECTIONS - SENIOR CENTER WITHOUT WALLS

New program offered via telephone for seniors unable to travel to the Community-Senior Center. The goal is to connect them with a social network as well as senior center activities from the comfort of their own home and create new friendships! Calls will last 30, 45 or 60 minutes on topics ranging from current events, trivia, stories, coffee break, arm chair travel (ex. learn about other countries and their people) as well as topics identified by the callers. The calls will be led by volunteers who will share their skills, expertise and interests with the seniors. Pre-printed step by step and easy to read dial-in instructions will be provided. It is as easy as dialing a telephone number and a six digit code! To participate or request additional information, please call Mindy Goldstein at 508-647-6540 extension 1919.

DECLUTTER, SIMPLIFY, GET ORGANIZED

This participatory workshop will focus on the basics of de-cluttering and getting organized and share tried and true strategies and simple solutions for dealing with the overload we all face on a daily basis. Taught by Marilyn Cruickshank, Instructor, Owner of Creative Simplicity Organizing & Productivity, this class will provide strategies and motivation to make changes that will have a big impact to help you organize and simplify your life! Sponsored by Heritage at Framingham, Independent Living, Assisted Living & Memory Care.

Tue May 16 2:30-4:00 pm Free

ENVIRONMENTAL ACTION IN NATICK

Join Jillian Wilson Martin, Natick's Sustainability Coordinator, to learn about the Town's curbside composting pilot, designation as a Green Community, "virtual" solar net metering projects, solar arrays off the Pike, low impact development plans, and other projects.

Thu April 20 1:30 pm Free

GARY HYLANDER TALK ON PAUL REVERE'S RIDE

Paul Revere's midnight ride is a legendary event in American history. On the night of April 18, 1775, Revere and dozens of other midnight riders carried the Lexington alarm into the countryside helping to organize local militia for defense against General Gage's Regulars. Light breakfast offered. Limited space; ***pre-registration required**. Sponsored by Eliot Center for Health and Rehabilitation.

Mon Mar 20 9:30 am Free*

GARY HYLANDER TALK ON MIDWAY AT 75- AMERICA'S COUNTERPUNCH

In the aftermath of the Doolittle raid on Tokyo in April 1942, Admiral Yamamoto planned to lure the American fleet from its Hawaiian moorings and to complete the unfinished work of Pearl Harbor. Key to Yamamoto's plan was coordination and secrecy; he had no idea, however, that American intelligence had cracked the Japanese code. Sponsored by Eliot Center for Health and Rehabilitation. ***pre-registration required**.

Thu Jul 20 2:30 pm Free*

HISTORY OF THE STATUE OF LIBERTY WITH SPEAKER/HISTORIAN PAOLO DIGREGORIO

The Statue of Liberty is an international icon, a symbol recognized around the world. This talk will explore how and why the statue was built, what the original symbolism of the statue meant, and what the statue means to millions of people today. Along the way, we will meet some of the colorful characters who were involved in creating this symbol of our nation, and learn some interesting facts about Lady Liberty.

Wed Mar 8 2:00 pm Free

HOME MODIFICATIONS AND SAFETY CONSIDERATIONS FOR AGING IN PLACE

Join Margie Balcom from Natick VNA as she discusses balance and falls prevention in your home; Susan Aaron from SMOC (South Middlesex Opportunity Council) for information on funding available to seniors and veterans for renovations/home modifications; and Kara Harvey from Harvey Home Modifications as she discusses considerations for renovations, both small and large scale, to consider as you age in place in your home and how to choose a contractor. Light refreshments included.

Thu Apr 27 2:30-4:00 pm Free

INTERMEDIATE BRIDGE WITH ROBERT

Intermediate Bridge Continues! If you are comfortable with the basics and want to improve your game, Intermediate Bridge is for you. A fun and friendly group learns and practices the next level of the game including negative doubles, new minor forcing, defensive carding, opening leads and much more. Sessions include instruction and discussion followed by play where questions are encouraged. Limited to 16.

Tue Apr 11-May 30 3:00-5:00 pm \$85 for 8 classes

MEMORY AND AGING WITH DR SOLOMON

Join Dr. Paul Solomon, Clinical Director and Neuropsychologist at the Boston Center for Memory, for a discussion about memory and aging. Our ability to recall information changes as we grow older. In many cases these changes are due to normal aging. Significant or progressive memory loss, however, is not a normal sign of aging. Join Dr Solomon as he talks about these differences and how to identify these changes. He'll also discuss medical evaluations and various treatment options including medications, counseling & resources.

Thu May 11 2:30-3:30 pm Free

MINDFULNESS MEDITATION WITH SHARON

Join us for an hour of Mindfulness Meditation. Each week we'll highlight a different practice including silent sitting, body scan, walking meditation, eating meditation and more. Through guided meditations we'll explore being in the present moment. Please bring a yoga mat if you have one, chairs will be available.

Fri Mar 3 & 31; Apr 7 & 21; May 5 & 19 12:30-1:30 pm Free

adult daytime at the CSC

PRAYING INDIANS & JOHN ELIOT- AN EARLY HISTORY OF NATICK- PRESENTED BY THE NATICK HISTORICAL SOCIETY

Natick was founded over three hundred years ago by a unique group of people. John Eliot and the Native Americans who established Natick as a "Praying Indian Town" created a community that was markedly different from most of the growing towns nearby.

Thu	Mar 2	1:30-2:30 pm	Free
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RED SOX TRIVIA

Join Red Sox enthusiasts in a fun trivia game led by Walter Levy. Walter will provide clues, games, rhymes and hints to identify some of the famous Sox players of yore.

Mon	Apr 3	1:00 pm	Free
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RED SOX OPENING DAY

Come and celebrate the start of the baseball season with our beloved Red Sox playing their opening day Home Game against the Pirates. Watch the game on the big screen, root for the home team and enjoy some popcorn, refreshments and enter to win a special Red Sox Prize!

Mon	Apr 3	2:00 pm	Free
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SENIOR LEARNING NETWORK PROGRAM

Exciting monthly programs provide you with the experience to talk to presenters live and virtually from across the country and around the world! Please join us!

THE GARDENS OF HEARST CASTLE

Join a California State Park Educator and a State Park Gardener on a walk through the Gardens of Hearst Castle discovering the many plant species that grow in this historic garden. Explore the challenges of maintaining a "historic garden" and the processes that are involved in ensuring that the gardens are kept as historically accurate as possible.

Thu	Mar 16	1:30 pm	Free
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RAT PACK FAVORITES: Music from Frank, Sammy, and All Their Pals

Everyone knows the Rat Pack -- they were the ultimate in cool back in the day. But just how did this random group of musicians and actors become the inimitable Rat Pack? Help Michael Dee and his group as they discover and explore these iconic superstars and their memorable hits.

Thu	Apr 20	1:30 pm	Free
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TED TALKS – DISCUSSION GROUP

This is a casual group that enjoys TED (Technology Entertainment and Design) Talks. This is not a debate group, but rather a collection of courteous individuals that aspire to learn more about their world. Call the Center for a more complete description of the TED Talk.

Topic for March: *Why Curiosity is the Key to Science and Medicine – Kevin B Jones*

Thu	Mar 9	11:00 am	Free
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Topic for April: *We've Stopped Trusting Institutions and Started Trusting Strangers – Rachel Botsman*

Thu	Apr 13	11:00 am	Free
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Topic for May: *Math is the Hidden Secret to Understanding the World – Roger Antonsen*

Thu	May 11	11:00 am	Free
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TRUSTS IN THE HOME

Join elder law attorney, Julie Ladimer, as she discusses the two biggest reasons people place homes into trust. She will discuss residency trusts and the MassHealth/Medicaid rules on the home, and how couples and individuals can protect it in the event that they need nursing home care.

Wed	Mar 29	5:30 pm	Free
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UNDERSTANDING ABATEMENTS

Join Jan Dangelo, Town of Natick Assessor, as she discusses the various abatements that are available to homeowners in Natick.

Wed	Apr 19	6:00 pm	Free
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WELCOME TO NATICK!

Whether you've just moved to Natick or have been here for a while, come to our Welcome to Natick interactive program, which includes an overview of the Town of Natick showing all this vibrant community has to offer. The program will be led by an experienced and long-standing resident of Natick, who will share a brief history of the town, highlights of what makes Natick unique and the various resources available. It will be an opportunity to meet other neighbors, gather hand-outs on resources and enjoy refreshments, fun give-aways and you can enter to win gift certificates at Natick area businesses.

Mon	Mar 13	7:00-8:30pm	Free
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COMPUTERS

COMPUTER LAB

Instructors: Tom Swan & Ray Berggren

Drop-in, first come, first served with your computer questions.

Mon & Fri	9:00 am-noon	ongoing	Free
Tue, Wed, Thu	1:00-3:00 pm	ongoing	Free

FOSS (FREE, OPEN-SOURCE SOFTWARE) USER GROUP

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. All computer users are welcome. Usually meets the first Thursday of the month, except on the second Thursday in January, July and September.

Thu	Mar 2, Apr 6, May 4	3:00-6:00 pm	Free
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IPAD CLASSES FOR SPRING

Friends, Family & FaceTime: Learn how to keep in touch with everyone near and far using the FaceTime App and Facebook. Please have an Apple ID created <https://support.apple.com/en-us/HT203993> prior to coming to class.

Fri	Mar 10 & 24	1:00 pm	Free
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Photos part 1: We will learn how to take photos and what makes a good photo. We will even learn how to take a Selfie you can be proud of and send to your grandkids! We will also learn how to do some basic editing of those photos so that they are perfect before you show them off.

Fri	Apr 14 & 28	1:00 pm	Free
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Photos part 2: We will learn how to interact with all these photos you have taken. We will explore all the ways to share photos through airdrop, email, Facebook, etc. How you can add a photo to a contact, a wallpaper etc. Even how you can mark them up before you send them in an email.

Fri	May 12 & 26	1:00 pm	Free
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adult daytime at the CSC



SMALL GROUP PERSONAL FITNESS

Instructor: Fitness Together Staff

Location: Community-Senior Center

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. You will be asked to fill out a health questionnaire for the instructor when you sign up. New sessions start each month.

*You must specify and then attend ONLY the class you have signed up for as class size is limited. **Class size is limited to 8.***

For ALL Mar 14 classes: registration will start Feb 28 for Natick residents, and Mar 7 for all non-Natick residents.

For ALL Apr 11 classes: registration will start Mar 28 for Natick residents, and Apr 4 for non-Natick residents.

For ALL May 9 classes: registration will start Apr 25 for Natick residents, and May 2 for non-Natick residents.

Tue & Thu	Mar 14-Apr 6	10:00-11:00 am	\$100 per session
Tue & Thu	Mar 14-Apr 6	11:00 am-12:00 pm	\$100 per session
Tue & Thu	Apr 11-May 4	10:00-11:00am	\$100 per session
Tue & Thu	Apr 11-May 4	11:00 am-12:00 pm	\$100 per session
Tue & Thu	May 9-June 1	10:00-11:00am	\$100 per session
Tue & Thu	May 9-June 1	11:00 am-12:00 pm	\$100 per session

SMALL GROUP PERSONAL TRAINING - EVENING

Tue & Thu	Mar 14-Apr 6	7:00-8:00 pm	\$100 per session
Tue & Thu	Apr 11-May 4	7:00-8:00 pm	\$100 per session
Tue & Thu	May 9-June 1	7:00-8:00 pm	\$100 per session

Register online at <https://register.communitypass.net/natick> with credit card, or call the CSC at 508-647-6540 if you want to pay cash, check: payable to 'Town of Natick'. Registration fee due upon registration.

WALKING WITH NATICK COMMUNITY-SENIOR CENTER

Walk with volunteer walking leaders: *Mal on Tuesdays* at 10am, starting March 7. Meet by the front desk at Natick Community-Senior Center to walk outside. Meet *Mala on Fridays* at 10am for a fitness walk—light stretching as we go! We'll meet at Nordstroms Café Bistro (near escalator) to walk the Natick Mall with optional coffee afterwards. *Dates and places in April and May to be announced.*

Tue	Mar 7, 14, 21, & 28	10:00 am	Meet Mal at Natick CSC
Fri	Mar 10, 17, 24, & 31	10:00 am	Meet Mala at Natick Mall

WEEKLY EXERCISE PROGRAMS AT THE CSC

Location: Community-Senior Center

Chair Yoga:	Mondays	10:00 am
Chair Aerobics:	Tues at 11:15am, Wed & Fri 11:00 am-noon	
Yoga with Lisa:	Tuesdays	3:00-4:15pm
Line Dancing:	Wednesdays	12:00-1:00 pm
Muscle Building: Low to Moderate Band Exercises:	Tues and Thurs	11:00 am
Muscle Building: Advanced Band Exercises:	Tues and Thurs	10:00-11:00 am
Evening Muscle Building:	Tues and Thurs	5:30-6:30 pm
Strength Training:	Fridays	10:00-11:00 am
T'ai Chi:	Fridays	11:15 am-12:15 pm
Yoga:	Fridays	2:15-3:30 pm
Zumba:	Mondays	12:30-1:30 pm

TRANSPORTATION

TRANSPORTATION PROGRAM

The Natick Connector is a convenient, secure and accessible transportation service for seniors and disabled residents. We are now operating Monday-Friday from 9:00 am-4:00 pm and in addition to our 12 passenger van, we will now also be using a smaller SUV type vehicle. The service provides door to door transportation to medical appointments, grocery stores, and other personal services in Natick, and the surrounding towns of Framingham, Wellesley, Wayland, Ashland, and Sherborn. The cost for a one-way is \$2; round trip is \$4. Cash is not accepted on-board; call the MWRTA to set up accounts from which the fare is deducted. To register for the service and set up your accounts, please call the Call Center at 508-820-4650 and tell them you want to set up an account with the Natick Connector. Please call two business days before you need a ride. Contact Jack or Richard with questions or comments at natickconnector@natickma.org or by phone at 508-647-6540.

TAXI COUPONS

Natick Council on Aging has a taxi coupon program with local taxis for seniors and residents with disabilities who are unable to access other transportation resources. The intent of this program is to assist in paying the taxi fare, not to pay the total fare. Taxi coupons are assigned, are non-transferable, have no cash-back value and expire at the end of the fiscal year, June 30, 2017. For additional information, go to www.natickma.org.

organic farm events



MAPLE MAGIC DAY (for all ages)

Sat Mar 4

Pancake breakfast 8:00-11:00 am at Memorial School

Sugaring tours 9:00 am-2:00 pm every half hour at NCOF

Breakfast: \$10 adults/\$8 members; \$5 kids 3-6/\$4 members

Tours: \$7/person; \$6 if you attend breakfast first.

SPRING SPECTACULAR (for all ages)

Sunday May 21

10:00 am-2:00 pm

hayride, petting pasture, face painting, live music, food

Members \$6 adults/\$4 kids 3 and over

Nonmembers \$10 adults/\$5 kids 3 and over

Activity tickets \$2/each 6/\$10

2017 Spring Programming

NCOF has been providing residents with productive open space, farm products, and hands-on education to people of all ages, year-round since 1975. Our 27 acres are open daily during daylight hours with no admission for your visits and purchases. Here's what's going on this season:

- Spring greens & organic Seedlings for sale
- School Programs: Maple Sugaring, Honey Bees, Egg to Chicken, Sheep Shearing
- Maple sugaring, including public tours & Maple Magic Day Sat. Mar 4

All of our programs take place at 117 Eliot St. M Price=NCOF member price, a savings of 20%; if you wish, you can join and save. Programs do not meet when Natick Public Schools are closed. All registration takes place online at www.natickfarm.org

Preschool Age Programs

OUTDOOR EXPLORE AND PLAY GROUP (Ages 1.5-3.5 with a caregiver)

Join our dynamic play group which focuses on outdoor free-play and exploration, community building and connection to the natural world. When registering, please indicate the age of your child and who will accompany the child in the 'note' section.

01	Mon	Apr 3-May 1	3:00-4:00 pm	\$68/\$56
02	Mon	May 8-Jun 5	3:00-4:00 pm	\$68/\$56
03	Mon	Apr 3-Jun 5	3:00-4:00 pm	\$136/\$112

(No program on Apr 17, May 29)



CHORE TIME (Ages 3-5)

Come down to the Farm and wake the animals up. Help the Farm feed and water the animals and gather the eggs.

01	Mon	Mar 27-Apr 24	9:00-10:00 am	\$68/\$56
02	Tue	Mar 28-Apr 25	9:00-10:00 am	\$68/\$56
03	Thu	Mar 20-Apr 27	9:00-10:00 am	\$68/\$56
04	Mon	May 1-May 22	9:00-10:00 am	\$68/\$56
05	Tue	May 2-May 23	9:00-10:00 am	\$68/\$56
06	Thu	May 4-May 25	9:00-10:00 am	\$68/\$56

(No program Apr 17, 18, 20; May 29)

BABY STARS AT THE FARM (Ages 3-5)

Get to know bunnies, kids, lambs, chicks and piglets through watching, touching and storytelling. Each week will feature one animal. We will meet the animals, and read a story.

01	Mon	Mar 27-Apr 24	10:30-11:30 am	\$68/\$56
02	Mon	Mar 27-Apr 24	1:30-2:30 pm	\$68/\$56

(No program Apr 17)

LITTLE HANDS IN THE SOIL (Ages 3-5)

We are looking for little hands to help us take care of our "Toddler's Garden". We will plant and mulch, rake and water, cultivate and decorate, just like big gardeners.

01	Thu	May 4-May 25	10:30-11:30 am	\$68/\$56
02	Thu	May 4-May 25	1:30-2:30 pm	\$68/\$56

(No program Apr 17)

HOP WITH THE BUNNIES (Ages 3-5)

Spend some time learning about these warm, fuzzy little creatures. How they live in the wild and how we care for them at home.

01	Wed	May 10	9:30-10:30 am	\$17/\$14
02	Wed	May 24	9:30-10:30a m	\$17/\$14

FARM ACTIVITIES AND CRAFTS (Ages 3-5)

Let's discover the farm in beautiful spring and do farm projects and activities around the season, from sowing seeds, to creating a farm project, and gathering flowers.

01	Thu	Mar 30-Apr 27	10:30-11:30 am	\$68/\$56
02	Thu	Mar 30-Apr 27	1:30-2:30 pm	\$68/\$56

(No program Apr 20)

GOT MILK (Ages 3-5)

Have you ever milked a goat? Spend some time with our milking friends! Does chocolate milk really come from brown cows? Come see and taste what we can make with milk!

01	Wed	May 10	9:30-10:30 am	\$17/\$14
02	Wed	May 24	9:30-10:30 am	\$17/\$14

organic farm

school-age programs

HOMESCHOOLING AND FARMING AT NCOF (Ages 5-10)

Please join us for a year round, hands-on program that involves children in our everyday Farming operations – from maple sugaring to working in the solar greenhouses, from starting seeds in the greenhouses to transplanting seedlings into the vegetable gardens. Every week we start the morning with animal chores. Over the course of the year children will get a deep insight into the varied aspects of work on a farm and to where our food comes from. This is a drop-off program

03	Tue	Apr 4-Jun 6	9:00 am-12:00 pm	\$432/\$351
(No program Apr 18)				

HOMESCHOOLING AND FARMING AT NCOF (Ages 11-14)

This opportunity for middle school aged youth is all about working together to solve problems creatively and contribute meaningfully to the Farm's mission. These intrepid students participate in every aspect of the farming season, from harvesting in the fall to sugaring in the winter, to planting in the spring. Join us in growing people while growing food.

03	Mon	Apr 3-Jun 5	8:30 am-2:30 pm	\$640/\$520
(No program Apr 18, May 29)				

AFTERSCHOOL FARMERS (Grades K-4)

This program will involve students in our everyday Farm operations, from animal chores to harvesting to putting our gardens to bed. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the "Notes" section of the on-line registration. No program on Natick Early Release Days.

01 A	Mon	Apr 10-Jun 5	3:15-4:45 pm	\$178/\$147
01 B	Mon	Apr 10-Jun 5	3:35-5:15 pm	\$238/\$196
02 A	Tue	Apr 4-Jun 6	3:15-4:45 pm	\$178/\$147
02 B	Tue	Apr 4-Jun 6	3:35-5:15 pm	\$238/\$196
03 A	Thu	Mar 23-Jun 8	3:15-4:45 pm	\$178/\$147
03 B	Thu	Mar 23-Jun 8	3:35-5:15 pm	\$238/\$196
(No program Apr 17, 18, 20, May 29)				

AFTERSCHOOL IN THE WOODS (Grades K-4)

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff.

03	Wed	Mar 8-Jun 7	3:15-4:45 pm	\$229/\$189
04	Wed	Mar 8-Jun 7	3:15-5:15 pm	\$306/\$252
(No program Mar 15, Apr 5, 12, 19, May 24)				

PURELY PIGLETS (Ages 5-10)

Get to know the smartest animal on the Farm. A chance to learn about our piglets, feed them kitchen scraps, and watch them play in the mud.

01	Wed	Apr 5	3:30-4:30 pm	\$17/\$14
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SASSY GOATS (Ages 5-10)

Visit our bouncy arrivals, the new kids on the farm. Let's build them something to climb on and visit their moms for some milking.

01	Wed	Apr 12	3:30-4:30 pm	\$17/\$14
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ONLY BUNNIES (Ages 5-10)

Thinking about a rabbit for a pet? Here's your chance to hold, care for and get all your questions about these furry critters answered.

01	Wed	Apr 26	3:30-4:30 pm	\$17/\$14
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SHEEP AND LAMBS (Ages 5-10)

Springtime sees our lambs running out on fresh grass in the meadow. Visit these gentle little creatures and learn about their needs and the great products they give us.

01	Wed	May 10	3:30-4:30 pm	\$17/\$14
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YOUTH WORK EXPERIENCE (Grades 5-8)

We are inviting middle school students to join Farm staff after school to take care of the animals and help with maintenance. During the months of April, May and June, students will be involved in starting our vegetable seedlings, transplanting and preparing our gardens.

01	Tue	Feb 28-Apr 11	3:00-4:30 pm	\$160/\$130
02	Wed	Mar 1-Apr 12	3:00-4:30 pm	\$160/\$130
03	Thu	Mar 2-Apr 13	3:00-4:30 pm	\$160/\$130
04	Tue	Apr 25-Jun 6	3:00-4:30 pm	\$160/\$130
05	Wed	Apr 26-Jun 7	3:00-4:30 pm	\$160/\$130
(No program Apr 18, 19, 20)				



organic farm

family programs

A FARMER'S MORNING (All ages)

Let's do it the Farmer's way! First we will take care of the animals, feed and water them. We'll collect fresh eggs for breakfast and then head inside for a hearty warm breakfast.

01	Sun	Apr 9	9:00-10:30 am	\$20 (age 7+)/pers
02	Sun	Apr 30	9:00-10:30 am	\$20 (age 7+)/pers
03	Sun	May 7	9:00-10:30 am	\$20 (age 7+)/pers

APRIL VACATION SPRING FARMERS (Grades K-4)

Get to know our new arrivals – kids and lambs, bunnies and piglets. The week will be filled with caring for the animals, starting seedlings and preparing the garden, nature crafts and the exploration of the water world on the farm. So put on your boots, there is so much to do!

01	Tue-Fri	Apr 18-21	9:00 am-12:00 pm	\$204/\$168
02	Tue-Fri	Apr 18-21	1:00-4:00 pm	\$204/\$168

APRIL VACATION WORK EXPERIENCE (Grades 5-8)

We are inviting middle school students to join the Farm staff during April vacation to prepare the gardens, transplant seedlings in the greenhouses, take care of the animals and help with maintenance. At this time of the year students have the opportunity to learn about growing plants from seeds, tending to them and preparing the gardens so they can produce healthy plants and a bountiful harvest.

01	Tue-Fri	Apr 18-21	8:30 am-12:00 pm	\$224/\$182
02	Tue-Fri	Apr 18-21	1:00-4:00 pm	\$224/\$182

SPRING 2017 BOOK DISCUSSION SERIES

Come and discuss titles related to sustainable living in a mutually supportive and encouraging atmosphere. Join us for all five sessions, or select a discussion or two of particular interest. Differing viewpoints are welcome! A generous donor has made it possible for everyone to attend the spring book discussion series for free; please consider making a \$5 donation to pay it forward. To register, please call or email book club convener Melissa at 508-904-9246; sweetsuds@zoho.com

Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do About

01	Wed	Feb 8	7:00-9:00 pm	\$5
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Cadillac Desert: The American West and Its Disappearing Water

02	Wed	Mar 15	7:00-9:00 pm	\$5
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Walking

03	Wed	Apr 26	7:00-9:00 pm	\$5
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Changes in the Land: Indians, Colonists, and the Ecology of New England

04	Wed	May 17	7:00-9:00 pm	\$5
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Arctic Dreams

05	Wed	Jun 7	7:00-9:00 pm	\$5
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MAPLE SUGARING TOURS (All ages)

Learn how sap is turned into maple syrup, watch sap drip into the buckets, visit our sugar shack, and enjoy the sweet smells of this New England tradition. (We cannot guarantee boiling!) Pre-registration required; download the form at www.natickfarm.org

01	Mon-Fri	Feb 25-Mar 25	1:00-1:45 pm	\$7
02	Mon-Fri	Feb 25-Mar 25	3:30-4:15 pm	\$7
03	Mon-Fri	Feb 25	4:15-5:00 pm	\$7
04	Sat	Feb 25-Mar 25	9:30-10:45 am	\$7
05	Sat	Feb 25-Mar 25	11:00-11:45 am	\$7

ENROLLMENT FOR JUN 22-AUG 28 SUMMER PROGRAMS NOW OPEN

Priority registration for NCOF members is now open online; public registration opens Mar 15

NCOF's popular, week-long, morning or afternoon summer programs encourage youth ages 4-14 to encounter all things animal, vegetable and mineral in engaging, hands-on, and timeless ways. Spots for younger children fill quickly; become a member at the \$100 level or higher to take advantage of priority registration. Special discounted rates for 8-9 year-olds; youth age 11+ can earn their first paycheck running the Rt. 16 farm stand.

FALL ENROLLMENT FOR FOREST GNOMES WALDKINDERGARTEN NOW OPEN

NCOF's nationally recognized outdoor program for children ages 3-6 meets 2 or 3 mornings a week from Sep to Jun in the Farm's woodland for creative exploration of the natural world. There's ample time for free-play as well as vigorous physical activity, all under supervision of kind, experienced teachers. Visit www.natickfarm.org for open house dates and complete details.

Remember Your Farm for

- Scout troop camping, crafting, and badge projects
- Volunteering
- Barn Birthday Bashes



Register online at www.natickfarm.org

ALL EVENTS AT THE MORSE INSTITUTE LIBRARY ARE FREE AND OPEN TO ALL.

For more information about library services or events call the library at 508-647-6520. Visit us online at morseinstitute.org or subscribe to our weekly email at morseinstitute.org/newsletter to see our full calendar of events and to keep up with library news.

Did you know that the library offers low-cost room bookings to community organizations looking for space? Read our Meeting Room Policy at morseinstitute.org/about/library-policies/ or call the library Executive Assistant at 508-647-6525 for more information.

THE ADVENTURE'S ON US

Morse Institute offers many free or reduced admission passes to area museums, historical sites, and cultural centers. Call the library at 508-647-6520 or visit us online to see the complete list of passes.

LIKE TO READ ON A KINDLE OR IPAD?

The library is still the place to turn! You can check out free books and audiobooks for your device via the library. Want to learn more? Stop by the library's reference desk to get a one-on-one tutorial or visit morseinstitute.org/digital-collection/ebooks to get started using digital media through the library.

LEARN ENGLISH AT THE MORSE INSTITUTE LIBRARY

Do you know someone looking to improve English language and literacy skills? Literacy Unlimited in Natick provides materials and free classes for adults learning English or basic literacy skills as well as one-on-one tutoring at the Morse Institute Library. We also provide support services for volunteer tutors and trainers. For more information about attending a drop-in English class, receiving tutoring, or becoming a volunteer English language tutor contact Laurie Christie at 508-647-6400 x1583 or literacy@morseinstitute.org.

BOOKGROUPS AT THE MORSE INSTITUTE LIBRARY

Looking for some engaging discussion around interesting books? Come to one of the Morse Institute Library's three bookgroups! Groups include:

Wednesday Morning Bookgroup:

3rd Wednesday of each month at 11:00 am

Wednesday Evening Bookgroup:

Last Wednesday of each month at 7:00 pm

Graphic Novel Group:

A partnership between the Morse Institute and the Bacon Free Library, this bookgroups meets on the 2nd Thursday of each month and alternates meetings between the libraries. Call us at 508-647-6520 to see what our bookgroups are reading next.

MORSE INSTITUTE STITCHERS

Have fun while doing good! The MIL Stitchers is a service-oriented knitting and crocheting group meeting one Saturday a month and working collaboratively to create handmade items for various nonprofit organizations. First Saturday of every month 11 am

CHILDREN'S AND TEEN EVENTS WEEKLY!

Check out our online calendar for the full event list. Teens events include Minecraft, Animanga, and MakerLAB events. Children's events include storytimes for babies up to toddlers, Preschool Film Fest, arts, crafts, and more!

DROP-IN SATURDAY EVENTS FOR CHILDREN

A rotating schedule of drop-in activities in the Children's Room includes Open Lego®, Sit-With-Me Story and Craft Time, and Craft Time. Call for each week's program information!

Most Saturdays

10:30 am

TEEN MAKERLAB

Explore technology including 3D printing, robots, coding and more with our Tech Mentors! Registration is required for all Teen MakerLAB and teens must have waivers signed by parents/guardians.

First and Third Tues of every month 7:00 pm

FILM AND DISCUSSION: HEALTHY AGING

Presented in partnership with the MetroWest Health Foundation. Film screening followed by panel discussion of important health topics facing the community. A light supper will be served before the screening.

Mon Mar 13

6:00 pm

JACQUELINE SCHWAB AND EMILY O'BRIEN, FLUTE AND PIANO

Jaqueline Schwab and Emily O'Brien will present a concert of flute and piano music for the community.

Sun Mar 19

3:00 pm

REPAIR CAFÉ

Just about anything can be fixed with some know-how, please join Metrowest Repairs and see what you can fix!

Wed Mar 29

7:00 pm

IT'S OUR BIRTHDAY!

It's the 20th birthday of the library's major renovation! We'll be celebrating the library all day with a magic show, a virtual reality demonstration, and a concert with area musician Greg Hopkins and his Jazz Band!

Sat Apr 8

All Day

WALNUT HILL SCHOOL PRESENTS: La Boite a Joujoux

Music and dance performed by students from the Walnut Hill School for the Arts. This piece is appropriate for young children.

Thu Apr 20

10:30 am

HEALTH TOPICS IN THE COMMUNITY: THE OPIOID CRISIS

Film screening followed by panel discussion of important health topics facing the community. The April film will be *Heroin, Cape Cod, U.S.A.* A light supper will be served before the screening.

Mon Apr 24

6:00 pm

Friends of the Morse Institute Library Book and Bakesale!
Sat and Sun May 20 and 21

bacon free library

REGULAR EVENTS

STORYTIME

Come listen to a variety of stories, do a craft, and find some great books to take home!

Tue, Wed, and Fri 10:00 -11:00 am Free

SATURDAY STORYTIME!

Come listen to a variety of stories, do a craft, and find some great books to take home!

2nd and 4th Saturday of the Month 11:00-12:00 pm Free

FRENCH CONVERSATION CLUB

Vous parlez français? Venez nous rejoindre pour pratiquer votre français.

1st and 3rd Saturday of the Month 11:00 am Free

SPANISH CONVERSATION CLUB

¿Habla usted español? Join us for an hour of Spanish conversation and brush up on your language skills.

1st and 3rd Saturday of the Month 10:30-11:30 am Free

ADULT COLORING BOOK CLUB

Coloring Books are not just for kids anymore!

Thursdays 11:00 am Free

DOG TALES

We're reading dog/puppy/pet stories with therapy dog, Garbo! (and his human, Arthur). Join us for this very special storytime.

4th Fri of the month 10:00 am Free

COCOA AND COOKIES

Drop by the library this winter afternoon for some treats and curl up with a good book! We'll supply the cocoa and cookies and books, you provide the company!

Fridays in March 4:00-5:00 pm Free

FRIENDS OF BFL MEETING

Come join the Friends plan for the year of supporting the Bacon Free Library. There are big jobs and small jobs that need helping hands.

Tuesdays Mar 14, Apr 11, May 9 7:15pm

BOOK CLUBS

ADULT GENERAL BOOK CLUB

Join us for a discussion of some of the latest buzzworthy fiction titles!

Thursdays Mar 28, Apr 25, May 23 7:00-8:00 pm Free

COOKBOOK CLUB

If you love to try new recipes, check out our latest cookbook club pick, make one of the recipes, and bring it to share in a delicious meal together!

Saturdays Mar 25, Apr 29, May 27 12:00-1:00 pm Free

ENVIRONMENTAL BOOK CLUB

Join us for a discussion of a topic related to environmental issues!

Tuesdays Mar 7, Apr 4, May 2 7:00-8:00 pm Free

COMIC BOOK CLUB

Join us at the Morse Institute Library for a discussion of some fabulous graphic novels for grown-ups!

Thursdays Mar 9, Apr 13, May 11 7:00-8:00 pm Free

"GULP FICTION" 20-30 SOMETHING BOOK CLUB

20-30 Somethings! Grab a drink and enjoy a discussion with fellow young professionals and lit-lovers! Check our website for dates and location! Free

HISTORY BOOK CLUB

Join us at the Natick Community Center as we discuss a blend of historical fiction and nonfiction!

Tuesdays Mar 21, Apr 18, May 16 1:00-2:00 pm Free

MYSTERY BOOK CLUB

Join us for a conversation about a suspenseful mystery!

Thursdays Mar 2, Apr 6, May 4 1:00-2:00 pm Free

ROOKIE BOOK CLUB

Boys and girls in grades 1-3 are welcome to join us in a discussion of an age-appropriate book!

Tuesdays Mar 21, Apr 18, May 16 4:00-5:00 pm Free

TWEENAGE BOOK CLUB

Kids in Grades 4-6, join us in a conversation of an age-appropriate book!

Tuesdays Mar 28, Apr 25, May 23 4:00-5:00 pm Free

bacon free library

SPECIAL EVENTS MARCH

MAPLE STORIES WITH KIDS AUTHOR JOSH FUNK

Josh Funk, famous author of *Lady Pancake & Sir French Toast*, will be sharing his stories with us for our annual pancake and maple syrup brunch! Josh's books (including *The Case of the Stinky Stench [Lady Pancake & Sir French Toast #2]*, *Dear Dragon*, and *Pirasaurs!*) will be available for purchase and he will be signing them. If you have not seen Josh before, you are in for a great treat! Please register for this event so we know how many pancakes to have on hand. You can register by calling the library at 508-653-6730.

Sat Mar 11 11:00 am-12:00 pm Free

TAPS PARANORMAL INVESTIGATORS HOME TEAM

Join members of the paranormal investigator group, the TAPS Home Team, as they discuss the field of paranormal investigation and their own experiences. Audio and video footage of actual cases will be shown and a lively discussion will follow.

Sat Mar 11 4:00 - 6:00 pm Free

MAKE AND TAKE MARCH MADNESS MODEL MAGIC MONSTERS

We invite you to make your very own March monsters out of Model Magic, a few buttons and some feathers! No registration required and all materials are supplied.

Wed Mar 15 3:00 pm-5:00 pm Free

BUILD WITH LEGOS

Use your imagination to create great structures with Legos! We'll display our buildings in the library for everyone to admire.

Fri Mar 17 3:00 pm Free

THE NEWEST IRISH RECORDS FOR GENEALOGICAL RESEARCH

Join Richard Reid of the Irish Genealogical Society to find out how you can start your search for your Irish ancestors! He'll show you websites and other resources as well as bring handouts to get your search started! You can find out all about your connections to the Emerald Isle.

Tue Mar 21 7:00-8:00 pm Free

APRIL

LIBRARY EGG HUNT

Drop in for a Library Egg Hunt! Stop by to track down eggs hidden around Bacon Free Library. Learn your way around the library and earn some chocolate prizes as you go! No need for baskets, we'll give you a clue to find a paper egg hidden in a book. If you find the egg, you get a prize.

Fri Apr 14 10:00 am-12:00 pm Free

BASEBALL AS AMERICAN CULTURE

Join us for a fascinating history of America's game with Northern Essex Community College instructor Frank Morris. Learn about why baseball galvanized a nation that was beginning to tear apart, how baseball came to be "America's Pastime" a decade before the Civil War, and how it developed into a world-wide phenomenon in the decades to come. A perfect way to kick off a new baseball season!

Tue Apr 18 7:00 pm Free

MAKE AND TAKE: APRIL SHOWERS RAINSTICKS

April Showers bring May flowers! In order to make do our part in this saying, we're making rainsticks! No registration required and all materials are supplied. If you are planning ahead, please feel free to bring the cardboard from paper towels or toilet paper to make your rainsticks.

Wed Apr 19 3:00-5:00 pm Free

BUILD WITH LINCOLN LOGS

Use your imagination to create great structures with Lincoln Logs. We'll display our buildings in the library for everyone to admire.

Fri Apr 21 3:00 pm Free

MAY

GARDEN IN A BOOK

We're welcoming Sara Levine from the Newton Public Library in helping us make a garden in a book! This is a program for adults only. We'll take some old books, carve out the middle and create a beautiful garden inside! Registration is required.

Tue May 16 7:00 pm Free

BUILD WITH LEGOS

Use your imagination to create great structures with Legos! We'll display our buildings in the library for everyone to admire.

Fri May 19 3:00 pm Free

MAKE AND TAKE: MAY FLOWERS

We are making our very own May flowers with paint and forks! No registration required and all materials are supplied.

Wed May 24 3:00-5:00 pm Free

AUTHOR VISIT: NEAL SANDERS

The talk is adapted from Mr. Sanders' widely read blog, 'The Principal Undergardener'. Books will be available for purchase and signing!

Tue May 30 7:00 pm Free



volunteering

KITCHEN HELPERS

Volunteers needed to assist in the packaging of already prepared food for Meals on Wheels Monday-Friday from 8:30-10:00 am.

MEALS ON WHEELS

Volunteer drivers needed to deliver meals to the homebound Monday-Friday. Volunteers arrive at the Center around 10:15 am, deliver about 20 meals and are finished by noon. Drivers may drive as often or as little as they want.

TRANSPORTATION INDIVIDUAL CAR

Volunteer drivers needed in our transportation program. We provide transportation for seniors and residents of all ages with disabilities to medical appointments and other destinations locally and in Boston. Drivers have the opportunity to meet and get to know many new people while providing a needed service. You will use your own car or our electric Ford Focus to drive to a wide variety of locations. Choose the destinations to which you are comfortable driving and scheduling is very flexible.

TRANSPORTATION NATICK CONNECTOR VAN

Volunteers needed to drive our 12 Passenger MWRTA sponsored van. If you are driving the van there is no special license required and training will be provided. You will be scheduled into morning or afternoon shifts. Natick Connector volunteers receive a complimentary fitness room membership and will receive a \$50 gift card on completion of driver training.

FITNESS ROOM/OPEN GYM MONITOR

Responsible for overseeing our fitness room members or open gym users. Flexible shifts available.

CHORE PROGRAM

Volunteers are needed to help seniors and residents with disabilities with small chores in their homes. This may include installing and/or removing air conditioners, changing light bulbs, hanging pictures, assembling small items, moving furniture, and other similar projects.

RECEPTION VOLUNTEERS – AFTERNOONS

In addition to our paid staff at the front desk we are looking for volunteers to help answer the phones and assist with office administration projects. Must be comfortable using computers. Training is provided

FRIENDS OF THE SENIOR CENTER VOLUNTEERS

Opportunities include volunteering in the Lincoln Café, working in the Friend's gift shop, working at the Friends sponsored Bingo games and newsletter folding and sealing.

If interested please visit: www.myvolunteerpage.com or contact Karen at: kedwards@natickma.org

spring trips guide

TRIPS FROM THE CSC

LOCAL TRIPS ON THE CONNECTOR BUS:

There is a \$4 non-refundable registration bus fee for all trips. Each visit is approximately 1 ½ hours. Bus departs from Natick community-Senior Center, 117 East Central St. Call 508-647-6540 for more information. Registration required by paying at Natick Community-Senior Center or online at Community Pass.

DAVIS MUSEUM, WELLESLEY COLLEGE

Come and explore the recently renovated, the Davis Museum with over a 11,000 works of art from antiquity to the present day including artists Vasari, John Singleton Copley, George Inness, Paul Cézanne, Oskar Kokoschka, Willem de Kooning, Jackson Pollock, Andy Warhol, and more.

Wed Apr 26 10:30 am Free admission

DRUMLIN FARM WILDLIFE SANCTUARY, MASS AUDUBON, LINCOLN

At Drumlin Farm, you can experience life on a working farm and explore a wildlife sanctuary at the same time. Watch the pigs, sheep, goats, chickens, and cows in the farmyard; see how crops are sustainably grown; walk the trails to observe plants and animals in their native settings; and observe resident owls, a fox, and deer in the native wildlife exhibit. Paved path leads to exhibits. Springtime babies will be evident-chicks, lambs etc.

Wed Mar 22 9:30 am \$6 admission for seniors, members are free

VISIT THE GARDEN IN THE WOODS – NEW ENGLAND WILDFLOWER SOCIETY

Set among 45 acres, this living museum displays a wide variety of common and rare native plants displayed in naturalistic settings. You may stroll in the garden and walk in the woods. For anyone curious about the diversity of New England's wild flowers and woody plants, Garden in the Woods offers a unique experience in a tranquil and beautiful place. The path is paved and shady. Golf carts available upon request for handicap access.

Wed May 24 9:30 am \$9 admission for seniors

UPCOMING DAY TRIPS WITH FOX BUS TOURS & NATICK CSC

Please call for information or come by Natick Community-Senior Center, 117 East Central St, 508-647-6540. All trips are non-refundable with trip insurance available \$10.

MARTHA'S VINEYARD

Depart CSC at 7am for Falmouth and the ferry over to Martha's Vineyard. Upon arrival, you'll get a guided tour of the island and visit Edgartown with it's unique shops, restaurants (lunch on your own) and sights, including the Martha's Vineyard Museum, Martha's Vineyard Historical Society, Vincent House Museum, Old Whaling Church and more. A return trip on the ferry back to Falmouth and dinner at Bertucci's before heading back to Natick, arriving approximately 7pm.

Fri Jul 14 \$89

DOWNEAST ME - YORK

Visit picturesque Nubble Light, enjoy a ME classic lunch Lobsterbake at Foster's with live music, stroll along Ocean Drive with spectacular views.

Fri Aug 18 \$79

volunteer drivers wanted



If you'd like to talk with us about volunteering, please connect with Jack or Richard at the Natick Community - Senior Center at: 508.647.6540 x 1901 or go to www.myvolunteerpage.com, search for Natick, and fill out an online volunteer application.

- We're looking for a 4 hour per week commitment, morning or afternoon.
- No special license is required. You'll be covered under the Town insurance policy and receive special training.
- All eligible drivers can apply time toward property tax credits.
- Volunteer drivers will receive a \$50. gift card after their training and a free fitness room membership.

We're looking for **a few good people** to help make a difference by driving the **Natick Connector**.

Our 12 - passenger van has become a lifeline for a lot of folks in town. We'd like to invite you to make a difference in our very special community.

The Buzz

Driver 1: One of our volunteer van drivers had this to say, " Many passengers have limited resources, so affordable transportation is very significant. This is a wonderful program and I'm proud to be part of it."

Driver 2: "The people who use this service do so out of physical or financial need. I'm glad this service is available for the community and am glad to be a part of it."

Driver 3: "Volunteering with the Natick Connector is an easy way to extend service to some of our neighbors in need. It's gratifying to see how appreciative our seniors are to regain some mobility that is often lost to restrictions that come with aging."

Natick – has launched an accessible transportation service for Natick residents called **The Natick Connector**. Our van provides door-to-door transportation for seniors and also residents with disabilities who need local rides to medical facilities, grocery shopping, or other personal needs.



Community Education and Resources

Community Services Department
Town of Natick
117 East Central Street
Natick, MA 01760

PRSRT STD
U.S. POSTAGE
PAID
NATICK, MA 01760
PERMIT #35

Postal Patron
Natick, MA 01760

NATICK 2030+

Comprehensive Master Plan

Your Town, Your Voice
Help Plan the Road to Natick's Future

NATICK 2030+ is an approximately 18 month public process and the resulting Town-wide Master Plan that will answer:

- * Where are we now?
- * Where do we want to be?
- * How do we get there?

We're planning now for what we want Natick to be for our own future and for generations to come.



Sign up and learn more about **NATICK 2030+** at: www.natick2030.com

Did you know:

- * 61% of Natick's housing units are single family homes; 17% are in buildings with 10 or more units?
- * 14.8% of employed Natick residents work in Natick; 14.3% work in Boston?
- * 24% of Natick's population is under 18 years of age and 15% is 65 or older?
- * Natick has over 1730 acres of protected and semi protected open space?
- * Two thirds of Natick's adult residents have college degrees?



Recreation and Parks • Council On Aging • Human Services
Natick Community Organic Farm • Veterans' Services

Community Services Department
117 East Central Street • Natick, MA 01760